



The Simple Art of Tai Chi

Qu Lei Lei, Master Chen Xiao Wang

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The most popular style of T'ai Chi—the Yang form, endorsed by China's great masters—comes to life in hundreds of photos, accompanied by detailed instructions that even a beginner can understand. A foreword by top Chinese T'ai Chi professor Master Chen Xiao Wang explains the benefits of this gentle but powerful practice, while award-winning instructor Qu Lei Lei offers tips and hints throughout. The core of the volume, the 24 Forms, features a series of graceful, highly effective routines that cover all of T'ai Chi's fundamental positions. Here, fluidity and movement between forms promote maximum development of muscle tone and improve relaxation. A special section explains T'ai Chi's key aims, including such classical precepts as "Walking like a cat."

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